

ATTACHMENT IX – NISS Positioning Diagrams

DIAGRAM ONE:

Shoulder adduction is tested in the lateral plane. All shoulder muscles are tested together and the scapula is not restrained. The child may be supine or sitting.

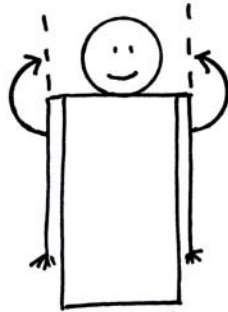
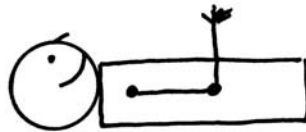


DIAGRAM TWO:

Elbow F/Es are tested with the shoulder slightly abducted. The child may be supine or sitting.

Testing position to select elbow flexors or elbow extensors:



Elbow Flexor Stretch:



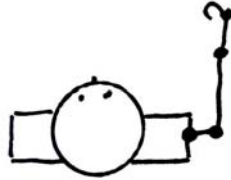
Elbow Extensor Stretch:



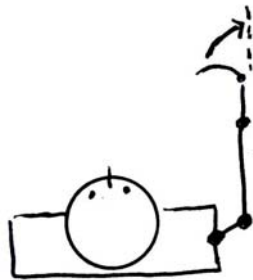
DIAGRAM THREE:

Wrist F/Es are tested with the shoulder in slight abduction, the elbow at 90 degrees and with the forearm in neutral supination/pronation if possible. The fingers should remain flexed during the stretch. The child may be supine or sitting.

Testing position to select wrist flexors or elbow extensors :



Wrist Flexor Stretch:



Wrist Extensor Stretch:

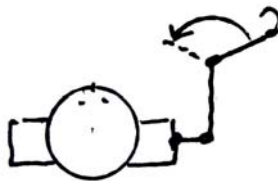


DIAGRAM FOUR:

Finger F/Es are tested with the shoulder in slight abduction, the elbow at 90 degrees flexion, the forearm at neutral supination/pronation if possible, and the wrist at zero degrees extension. The child may be supine or sitting.

Finger Flexor Stretch:

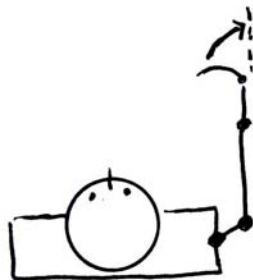


DIAGRAM FIVE:

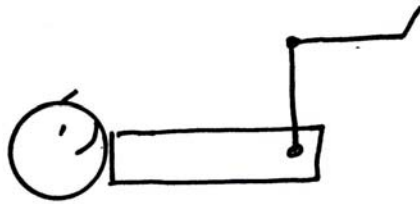
Hip adduction is tested with the hips and knees at 90 degrees. The child should be supine.



DIAGRAM SIX:

Hip F/Es are tested with the sacrum flat on the mat.

Testing position for selection of hip flexors or extensors. Hips at 90 flexion, 0 degrees abduction, and knees at 90 degrees flexion:



Hip Flexor Stretch (The opposite leg is not shown but is held against the abdomen in order to maintain the pelvis flat against the mat during the stretch.):



Hip Extensor Stretch. (The opposite leg is not shown but is held in extension against the mat in order to maintain the pelvis flat against the mat during the stretch.):

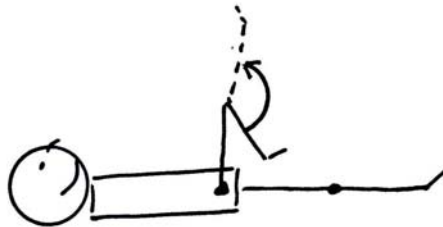


DIAGRAM SEVEN:

The testing position for selection of Knee Flexors or Extensors. The hips are at 45 degrees flexion, 0 degrees abduction, and the knees are at 90 degrees of flexion:



Knee Flexor Stretch. The hips are at 90 degrees flexion and 0 degrees abduction (The other leg is held against the mat to hold the pelvis flat on the mat during the stretch.):



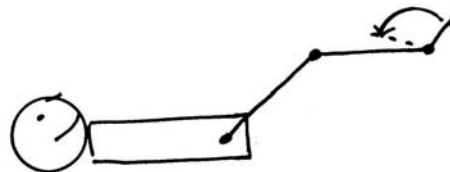
Knee Extensor Stretch. The hip and knee begins at almost full extension (The other leg is held against the mat to hold the pelvis flat on the mat during the stretch.):



DIAGRAM EIGHT:

PF/DFs are tested with hip and knee at 45 degrees of flexion. The subtalar joint should be stabilized or locked during the stretch.

Plantarflexor Stretch:



Dorsiflexor Stretch:

